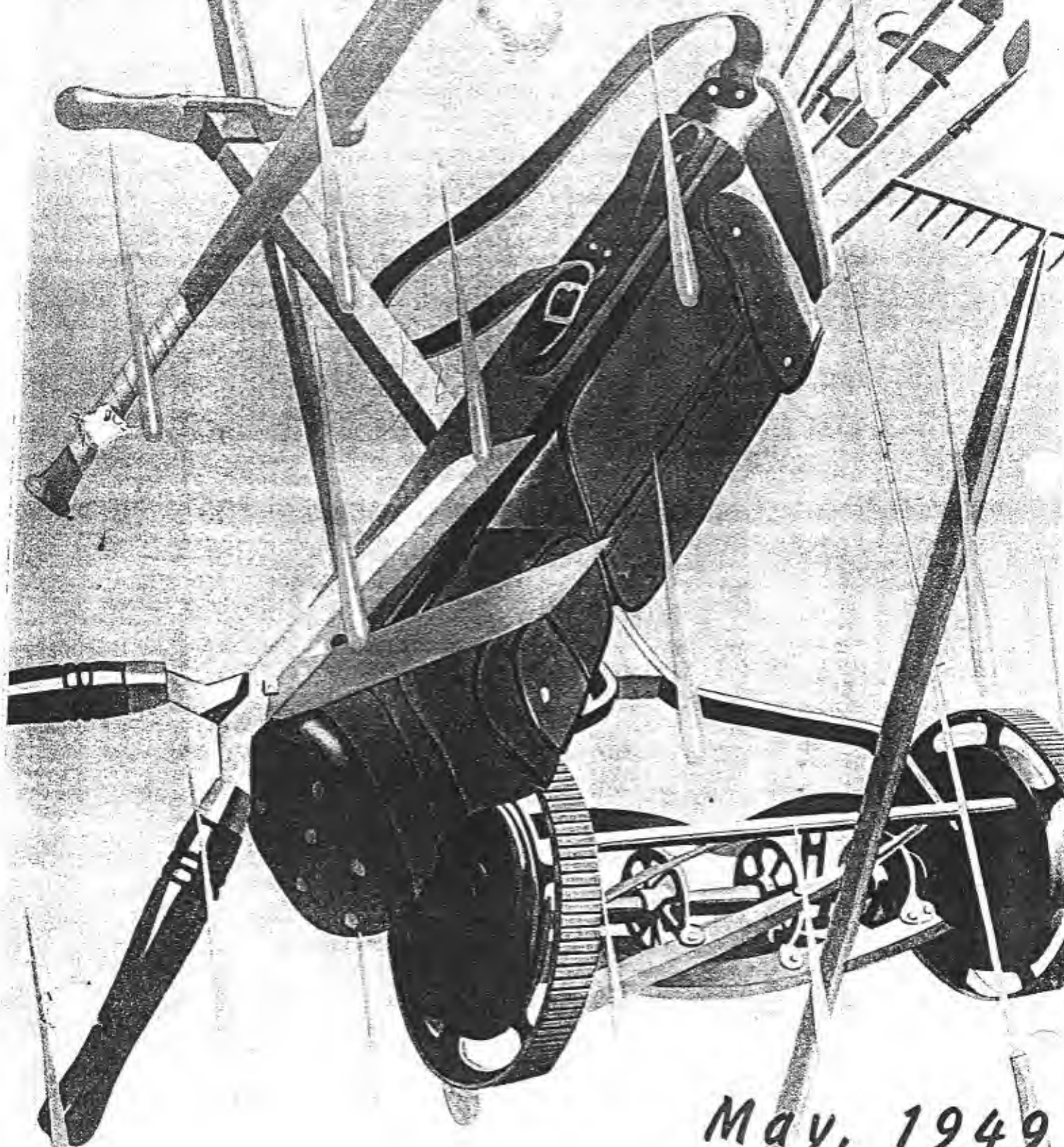


1st SIDE

Iron Man



May, 1949

Commercial Fertilizers Versus Organic Gardening

An Editorial by Bill Duncan

A "hot" controversy is now in progress as to which method is best. Naturally the big commercial industries, with by-products for sale, are backing the chemical fertilizers. They are opposed by the advocates of "Organic Gardening" which roughly, is the use of "compost" instead of commercial fertilizer. "Compost" is rotted organic matter. Any organic matter can be turned into compost. For the backyard gardener,



Bill Duncan

the most easily available sources are weeds, lawn clippings, leaves, any of the refuse now commonly burned. Space does not allow directions for handling in this article, but decomposition is accomplished by correctly stacking, wetting and aerating the compost pile. The process calls for "elbow grease", sore muscles for those not used to handling a pitchfork and maybe a few blisters.

Chemical fertilizers furnish quickly available plant food (mainly nitrogen, phosphorous or potash) but are apt to burn out soil bacteria, kill the earthworms (valuable soil conditioners), make the soil acid, and cause it to bake. Experiments lasting over 70 years growing wheat by the two methods show the wheat grown on soil chemically fertilized only had low germination and will not make bread. Organic gardening is nature's way and will keep your soil in a highly productive, easily worked condition.

Soil depleted of minerals needs added minerals but care should be taken to use a type of fertilizer which will furnish the needed food and not leave a by-product which will ruin the soil. For instance, acid phosphate furnishes a quick source of phosphorous but leaves sulphuric acid in the soil when the phosphorous is used. Bone meal leaves beneficial lime when the phosphorous is used, but does not work as fast as acid phosphate. Ground rock phosphates work still slower, but carry also many valuable trace elements essential to health. Lack of these trace elements such as cobalt, manganese, copper and many others have been shown to be the causes of many diseases among animals and some are essential to human health also.

Scientists and physicians are studying this matter all over the world. A fund has been established to study the possibility of food deficiencies as related to the prevalence of cancer. Certain sections of China where chemical fertilizers are not available and where the fertilizers are entirely organic, largely seaweed and kelp, are entirely free of cancer. The next few years may bring forth valuable information about this most important subject.

Save every bit of organic trash you can get hold of and compost it. Use chemical fertilizers sparingly, if needed, and pick the kinds that will not leave injurious by-products to ruin your soil, and you will find your soil mellow and easily handled, and your vegetables prolific and healthful.



FOR SALE: Seibert Steer-O-Matic baby buggy. Like new. Cost \$50, will sell for \$30. See or call Mal Tatge, Heating Control.

FOR SALE: 1937 Plymouth 4-door sedan. Good condition. \$350. 25-35 Winchester rifle, like new, \$50. Bedroom set, including bed, vanity, chest, springs & mattress, and chair. 9 years old, \$25. Call Mrs. Ewell at CA 2908.

This issue of the IRON MAN has for its theme "Gardening". To make it helpful as well as interesting, we have gathered a number of suggestions from your fellow workers on how to make things grow better. Of course, your success may depend on whether you have a "green thumb", but we'll wish you luck anyway.

THE EDITOR

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"ALL SKATE"

Some say baseball is America's game; others see nothing but football; and basketball is getting more popular by the season. But did you know more people in the United States participate in roller skating than in any other sport? Yes, over 17,000,000 Americans skate every year, placing this activity in the number one spot for participation.

We wanted to know more about this American pastime, and who in the company would be better versed in this field than Francis Walsh and Galen Goodale, two Heating Control employees? Being real skating enthusiasts, they explained how true competition, the backbone of America, is achieved. Each year skating meets are held and progress from state to national to world meets. Next year the world meet will be held in London, England.

Competition is broken down into six classifications — speed skating, figure skating, dance skating, pair skating, four skating and hockey. Each classification is divided into juvenile, junior, novice, intermediate and senior divisions. To advance from one division into the next, a skater must win first, second or third place in any one of the three meets.

Although true competitors during meets, these boys not only team up in working at Iron Fireman, but also join to take part in the annual skating show which is produced at local rinks and offers top-notch entertainment to hundreds of Portlanders.

So grab your skates
And satisfy a pang —
Go skating tonight
With the rest of the gang!



Margaret Wallace, one of the nation's top roller skating artists. Present holder of the U. S. Senior Ladies Figure Skating championship and co-holder of the World's Pair Skating championship. Now with the famous Roller Varieties.



With only four nights remaining on our bowling schedule, there is a difference of but seven points between first place, Holy Terrors, and seventh place, Pin Busters. It's a hot race and anyone of the seven teams could wind up in first place.

One of our two teams entered in the city tournament finished in the money. At this time, we aren't sure whether it's seventh or eighth place, but at any rate, our congratulations to the following: Howard Cashin, 581; Earl Winkler, 470 (notice!); Ted Kinney, 605; Terry Lowry, 547; and Fred Hansen, 534.

The league standings are as follows:

Individual High, Single

E. Winkler	247
A. Hoffmeister	242
T. Kinney	238

Individual High, 3 Game

H. Cashin	649
E. Endicott	639
A. Hoffmeister	638

Team High, Single

Screw Balls	1044
Wood Peckers	1022
Sad Sacks	1003

Team High, 3 Game

Sad Sacks	28
Screw Balls	28
Has Beens	28

Team Standings

	PT
Holy Terrors	1
Hi Tension	1
Screw Balls	1
Daffy Dills	1
Wood Peckers	1
Bean Balls	1
Pin Busters	1
Sad Sacks	1
Twin System	1
Has Beens	1

High Ten

F. Hansen	18
H. Cashin	18
L. Strand	18
E. Winkler	17
A. Hoffmeister	17
L. Cox	17
E. Hoffmeister	16
T. Kinney	16
B. Chambers	16
J. Borroz	16

Cop at station house: "What's your name?"
Disorderly: "Smith, John Smith."

Cop: "Come on, now, what's your name?"
Disorderly, with a twinkle in his eye: "Shakespeare."

Cop: "That's better. You can't bluff me with that Smith stuff."

Pay your physician's bill promptly without complaint, thereby establishing yourself as such a valuable patient he can't afford to let you die.

Three men were repairing telephone wires. A woman drove by in a car and when she saw the men climbing the poles, said: "Look at those darn fools—you'd think I'd never driven a car before."

VITALISTICS

STORK CLUB:

- To Mr. and Mrs. Robert Bower, Plant 1 Shop, a daughter, Phyllis June, 7 lb. 3 oz., December 9.
- To Mr. and Mrs. Arthur Malain, Plant 1 Shop, a son, Jules Reece, 7 lb. 1 oz., January 15.
- To Mr. and Mrs. Roy Slack, Plant 1 Shop, a daughter, Louise Elnora, 5 lb. 7 oz., February 21.
- To Mr. and Mrs. Benjamin Stangel, Plant 1 Shop, a daughter, Stephanie Gene, 6 lb. 3 oz., March 3.

WEDDING BELLS:

- Wilson Hester, Plant 1 Shop (2nd shift), to Violet May Gillis, February 13.

LAST MONTH'S MYSTERY PICTURE

Most of you probably know by now that the little boy in the great big hat is Sam Mitola. The picture was taken in Italy when he was about three years old. Pretty cute, wasn't he?

Ole Olson claims his wife is the gardener in his family. She says it is easy to raise primroses from seeds if the seeds are first scarified, using 00 sandpaper. Primroses should be divided every three years. Pull plants apart, remove old leaves, leaving new ones. Cut roots back 4". Plant in water 3 hours and replant in rich soil.

To keep cut flowers longer, Ann Jones recommends using a hammer or knife on them. Mash the end of roses,



Penny and Sandy.

Evelyn Arnold's
young daughters

SPRING SPORT

Doris Cressler offers the following recipes for those lucky people who will have fresh salmon to prepare:

Simple Simon Salmon Pie

2 1/2 C cooked rice	2 T chopped parsley
1 pt. salmon	1/2 t nutmeg
2 1/2 C medium white sauce	1/2 t celery salt
1 C grated cheese	1 pie crust
2 T lemon juice	salt and pepper to taste

Mix parsley and rice and arrange in bottom of individual casseroles; combine remaining ingredients and place in rice shells. Cover with pie crust and bake at 350° for 30 minutes.

Cheese-Salmon Loaf

1 pt. Salmon	2 beaten eggs
1 C cottage cheese	3 T chopped parsley
1 C finely chopped celery	3 T minced onion
1 C bread crumbs	1 T vinegar
1/3 C pea soup	salt and pepper to taste

Combine all ingredients and mix well. Put in greased loaf pan and bake one hour at 325°.

In second place was "Hotshot" La-Fortune with 606. (Does the sweet woman know about that \$10.00, Ed?) Third place money, \$9.00, went to "Tuffy" Hoffmeister, who has bowled very steady all season. Tenth and last place money went to Walt Hohenleitner.

So until next year about April 1st, all we will hear is "If I hadn't missed that spare in the tenth frame, I'd have been in the money!" Bla! bla! bla!!

Girl: "A month ago I was just crazy about George. But now I don't care a snap for him."

Friend: "Yes, isn't it strange how changeable men are?"

"I see you raise hogs down here most exclusively. Do they pay better than corn and potatoes?"

"Wal, they don't suh, but hogs don't need no hoein'."

FIVE POLIO PRECAUTIONS ARE LISTED FOR PARENTS

Warning that the 1949 polio season is "just around the corner," the National Foundation for Infantile Paralysis today issued a list of precautionary measures to be observed by those in charge of children during the epidemic danger period which usually runs from May through October, reaching its peak during the hot, mid-summer months. The five easy-to-follow health rules for children are:

1. Avoid crowds and places where close contact with other persons is likely.
2. Avoid over-fatigue caused by too active play or exercise, or irregular hours.
3. Avoid swimming in polluted water. Use only beaches or public pools declared safe by local health authorities.
4. Avoid sudden chilling. Remove wet shoes and clothing at once and keep extra blankets and heavier clothing handy for sudden weather changes.
5. Observe the golden rule of personal cleanliness. Keep food

tightly covered and safe from flies or other insects. Garbage should be tightly covered and, if other disposal facilities are lacking, it should be buried or burned.

The National Foundation also listed the following symptoms of infantile paralysis: headache, nausea or upset stomach, muscle soreness or stiffness, and unexplained fever. Should polio strike in your family, call a doctor immediately. Early diagnosis and prompt treatment by qualified medical personnel often prevent serious crippling, the National Foundation pointed out.

The organization emphasized that fear and anxiety should be held to a minimum. A calm, confident attitude is conducive to health and recovery. Parents, it said, should remember that of all those stricken, 50 per cent or more recover completely, while another 25 per cent are left with only slight after effects.

If polio is actually diagnosed, contact the chapter of the National Foundation for Infantile Paralysis serving your community. The chapter will pay that part of the cost of care and treatment which patient or family cannot meet.



CUT OUT AND KEEP FOR REFERENCE